



MIDDLETOWN

Senior News



150 William Street •(860) 638-4540 •(860) 638-4541

Debbie Stanley, Acting Director of Senior Services

Daniel Drew, Mayor

Monthly Entertainment by The Nicky D Show

Weds., Sept. 3rd 11am

Please join us for monthly
entertainment by The Nicky D Show.

Would you like to stay for lunch?

Remember to make your reservation in
advance with CW Resources at
860-558-5285.

Free Senior Breakfast

Tues., Sept. 9th 9:00am

Please join us for a Free Senior
Breakfast. This is

sponsored by
Middlesex Health
Care Center.

Please call the
Senior Center at
860-638-4540 to

register for this event.



Migraines

Weds., Sept. 10th 2:30pm

Do you or someone you
love suffer from

Migraine Headaches?

You are not alone.

Identify triggers and
discuss Treatment. Join

Janet Leonardi, Coordinator for Risk
Reduction Services for an informational
discussion.



St. Luke's Eldercare Vets4Vets Program

Tues., Sept. 16th 2:30pm

St. Luke's will give a community
presentation open to veterans of all ages and
their families. The staff from St. Luke's will

share information and answer questions
about Vets4Vets core programs including;

Out of Area Medical Appointment
Transportation

Navigators—Information & Referral

Vesper—Phone Reassurance

The Community Follows the Patriot—

Homeless Veterans Support

Benefits Checkup

Thurs., Sept. 25th 9am-3pm

Do You Need Help Paying for or
Need Information on:

Medicare Premiums

Prescription Drugs

Food

Housing

Energy Bills

Property Tax Assistance

Veterans Benefits

And other services

A Benefits Checkup is a free/confidential
questionnaire that will screen you for
eligibility for federal, state and local
financial programs for individuals 60+
and those receiving Medicare at any
age.

Are you receiving all of the benefits that
you may be entitled to?

Please call the Senior Center at
860-638-4540 to schedule your appointment!!!

GET INVOLVED !

Sept. 1. The Senior Center is closed in observance of Labor Day
Sept. 2, 9, 16, 23, 30. Blood Pressure Clinic 12:45pm—1:45pm
Sept. 3, 10, 17, 24. Yoga. 10:00am & 11:30am
Sept. 3. Entertainment by The Nicky D Show 11am
Sept. 3, 4, 8, 10, 11, 15, 17, 18, 22, 24, 25, 29. Exercise. Mon, Weds. & Thurs.
Sept. 3, 8, 10, 15, 17, 22, 24, 29. Ceramics 12:30pm
Sept. 4, 11, 18, 25. Knitting 1:00 pm.
Sept. 4, 11, 18, 25. Oil Painting Class. 1:15pm
Sept. 5. Tomato Growing Contest Winner Announced
Sept. 8, 22. Massage Therapy 9am-2:30pm
Sept. 8, 15, 22, 29. Tai Chi at 10:30am
Sept. 8, 15, 22, 29. Line Dancing. 1:15—2:30
Sept. 8, 15, 22, 29. Dancing for Joy. 1:30pm
Sept. 8. Bus Sign-ups for October
Sept. 9. Free Senior Breakfast 9am sponsored by Middlesex Health Care Center
Sept. 10, 24. Foot Care Appointments 9am-3:00pm
Sept. 10. Educational Seminar on Migraines 2:30pm
Sept. 11. Reiki 9-12
Sept. 15. Amazing Grace Food Pantry. 1:00-3:00
Sept. 16. St. Luke's Eldercare Presentation 2:30pm
Sept. 17. Beltone Rep., Hearing Aid. 12:00pm
Sept. 18. AARP Safe Driving Class 12:30pm-4:30pm
Sept. 25. Benefits Checkup 9am-3pm
Sept. 26. Hotdogs/Hamburgers Dinner \$3.00 per person 2:30pm-3:30pm

Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you.

Princess Diana

Community Café Free Lunch Winner

Congratulations to Henry Paradis, August's winner.
Enter for a chance to win a free lunch, compliments of
CW Resources.

July's Brain Teaser Winners

Karen Bevan, Kay Bilodeau, Jane Burr, Brenda Bynam, Nancy Clayton, Gerard Cyr, Sarah Daversa, Susi Delldonna, Ann DiMauro, Loretta Dzialo, Joan Fazzino, Nancy Glenn, Barbara Hardesty, Joan Kamareski, Jim Loewenthal, Patti Loewenthal, Carol Murtha, *Pauline Neyer, Laura Nicholson, Ana Pellicier, Mark Radziwon, Ann Rizza, Nancy Rogalsky, Joan Russo, Carla Salerno, Chuck Stanley, Sandra Steele, Carol Van Lieu, Rosemarie Vecchitto, George Zepko *Denotes Prize Winner

Congratulations to all of our winners. Please stop by the Senior Center to pick up August's Brain Teaser.

THE MIDDLETOWN SENIOR NEWS

Acting Director: <i>Debbie Stanley</i>	860-638-4501
Senior Services Coordinator <i>Heidi Geores</i>	860-638-4541
Senior Service Specialist/ADA Compliance Officer <i>Laura Runte</i>	860 638-4542
	Office Fax: 860 343-5427
Municipal Agent: <i>Laura Runte</i>	860 638-4542
Prog.Aide/Cust: <i>John Marion</i>	
Sr. Bus Driver: <i>Mike Rogalsky</i>	
Café Manager: <i>CW Resources</i>	—860-558-5285
e-mail address: Debbie.stanley@middletownct.gov	
Dept. web site: www.cityofmiddletown.com/seniors	

OUR CENTER OFFERS A WIDE SELECTION OF ACTIVITIES

Bingo, Wednesday and Friday at 1:00 pm. (25 cents per card)
Blood Pressure Clinic, Every Tues. 12:45, sponsored by our Public Health Nurse
Bowling, Nintendo Wii, 12:30 pm., Mon., Tues & Wed.. Virtual Bowling (free)
Card Games, Thur., 12:30 pm. Setback, Kings in the Corner, Michigan Rummy
Ceramics, Monday and Wednesday at 12:30 pm. (\$1.00 per class)
Civitan Bingo, last Tuesday of month (Sept.– June), 6:30 pm. (free)
Coffee and Tea, are available free all day for seniors while in the center
Computer Center Classes, Computer classes for Seniors 60 and older
Dancing for Joy, Mon., 1:30-2:45 pm. Led by Laura Richling (free)
Drawing Class, Tues, 2:30-4:40pm. Led by Armida Espaillat (10 session, materials included \$20.00)
Driver Safety Classes, by AARP instructor, 4 hour class (\$15.00 AARP member, \$20.00 non-member)
Educational Seminars, See calendar and flyers (free)
Exercise, Mon., Wed., 9:00 am, Thur., 10 am. (free)
Foot Care Clinic, The 2nd & 4th Wednesday of the month with Phyllis Bjornberg-Haut, LPN. (\$35.00)
Grandparents Resource Group, Second Tues. of the month, 10:00 am. Guest Speakers (Sept.-May, free)
Hearing Screening, Third Wednesday of the month, 12:00—1:00 pm. (free)
Knitting, Thur., 1:00 pm. (free) Interested knitters meet to knit, share patterns, and socialize.
Lending Library, books, magazines, jigsaw puzzles, and rotating collection from Russell Library (free)
Line Dancing, Mondays, 1:15 pm. (free)
Lunch, Hot lunches catered daily by CW Resources, please call 860-558-5285—suggested donation (\$2.50)
Lunch Entertainment, 11:00 am, the first Wednesday of the month, featuring a variety of entertainers.
Massage, Massage Therapist Elaine Rowe (CT. Lic. #000775), 1st/3rd Mondays.
Middletuners, Traveling senior chorus. Barbara Arafteh, Director, 860 347-4887
Movies, recently released DVD's, Tuesdays at 12:30 pm (free)
Newsletter, Monthly Senior Center newsletter containing information and activities (free)
Oil Painting, Thursdays, 1:15 pm. (free)
Ping Pong, Available most days, call for reservation
Senior Center Bus, excursions on Tuesdays and Thursdays (from \$3.00)
Senior Counseling, Municipal Agent, various hours, call 860 638-4542
Senior Resources Manual, 8 page handbook of resources and services (free)
Tai Chi, Mondays at 10:30 am. (\$40.00—ten week cycle)
Yoga, Wednesdays. The 1st session 10-11:15am (8wks, \$28.00) The 2nd 11:30-12:30pm (8 weeks, \$21.00)

MEDICARE OPEN ENROLLMENT OCTOBER 15th thru DECEMBER 7th


During Medicare Open Enrollment, from Oct. 15 to Dec. 7, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, please call Laura at 860-638-4542. She is available to offer FREE, CONFIDENTIAL and UNBIASED counseling on all Medicare and related health insurance programs.

Hotdogs/Hamburgers Dinner

Fri., Sept. 26th 2:30pm

**Join us for a delicious hotdog/
hamburger
dinner. The
cost is \$3.00
per person.
Please
register for
this special
dinner at the
Senior
Center.**



MONDAY	TUESDAY	WEDNESDAY
CLOSED  1	2 9:00 Bus Trip: Mohegan Sun 12:00 Lunch: Menu available at Senior Center 12:30 Wii Bowling 12:30 Movie: Extremely Loud & Incredibly Close 12:45-1:45 Blood Pressure Clinic	9:00-9:45 Exercise 9:00-2:30 Foot Care By Ap 10:00 Yoga A 11:00 Entertainment by 11:10 Yoga B 12:00 Lunch: Menu avail 12:30 Ceramics 1:00 Bingo
8 9:00 Exercise 9:00-3:00 Massage Therapy by Appointment 10:30 Tai Chi 12:00 Lunch: Menu available at Senior Center 12:30 Ceramics 1:15 Line Dancing 1:30-2:45 Dancing for Joy	9 9:00 Free Senior Breakfast 9:00 Bus Trip: Roger Williams Zoo 12:00 Lunch: Menu available at Senior Center 12:30 Wii Bowling 12:30 Movie: The Ghost and the Darkness 12:45-1:45 Blood Pressure Clinic 2:30 Covenant Village Cooking Demonstration	9:00-9:45 Exercise 10:00 Yoga A 11:00 Entertainment by 11:10 Yoga B 12:00 Lunch: Menu avail 12:30 Ceramics 1:00 Bingo 2:30 Educational Semina
15 9:00 Exercise 10:00 Sign-up for September Bus Trips 10:30 Tai Chi 12:00 Lunch: Menu available at Senior Center 12:30 Ceramics 1:15 Line Dancing 1:30-2:45 Dancing for Joy	16 9:30 Bus Trip: Yale Center for British Art 12:00 Lunch: Menu available at Senior Center 12:30 Wii Bowling 12:30 Movie: Awakenings 12:45-1:45 Blood Pressure Clinic 2:30 St. Luke's Eldercare Presentation Vets4Vets	9:00-9:45 Exercise 9:00-2:30 Foot Care By Ap 10:00 Yoga A 11:10 Yoga B 12:00 Lunch: Menu avail 12:30 Ceramics 1:00 Bingo
22 9:00 Exercise 9:00-3:00 Massage Therapy by Appointment 10:00 Sign-up for October Bus Trips 10:30 Tai Chi 12:00 Lunch: Menu available at Senior Center 12:30 Ceramics 1:00 Amazing Grace Food Pantry Bus Trip 1:15 Line Dancing 1:30-2:45 Dancing for Joy	23 10:30 Bus Trip: Lyman Apple Barrel/Athenian Diner 12:00 Lunch: Menu available at Senior Center 12:30 Wii Bowling 12:30 Movie: Gifted Hands; The Ben Carson Story 12:45-1:45 Blood Pressure Clinic	9:00-9:45 Exercise 10:00 Yoga A 11:10 Yoga B 12:00 Lunch: Menu avail 12:00 Hearing Screening 12:30 Ceramics 1:00 Bingo
29 9:00 Exercise 10:30 Tai Chi 12:00 Lunch: Menu available at Senior Center 12:30 Ceramics 1:15 Line Dancing 1:30-2:45 Dancing for Joy	30 10:00 Bus Trip: IKEA/Lenny & Joe's Fishtale 12:00 Lunch: Menu available at Senior Center 12:30 Wii Bowling 12:30 Movie: Lee Daniels' The Butler 12:45-1:45 Blood Pressure Clinic	

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WEDNESDAY		THURSDAY		FRIDAY	
3 Appointment The Nicky D Show Available at Senior Center		4 9:00-11:00 Mahjong 10:00 Bus reserved by Newfield Towers 10:00 Exercise 12:00 Lunch: Menu available at Senior Center 12:30 Cards 1:00 Knitting 1:15 Oil Painting		5 12:00 Lunch: Menu available at Senior Center 1:00 Bingo 2:30 Tomato Winner Announced	
10 Phil Rosenthal Available at Senior Center r on Migraines		11 9:00-11:00 Mahjong 10:00 Bus reserved by Stoneycrest Towers 10:00 Exercise 10:00-1:00 Reiki Therapy by Appointment 12:00 Lunch: Menu available at Senior Center 12:30 Cards 1:00 Knitting 1:15 Oil Painting 6:00 Recreation/Community Service Committee Mtg Recreation Office 100 Riverview Center		12 12:00 Lunch: Menu available at Senior Center 1:00 Bingo	
17 Appointment Available at Senior Center		18 9:00-11:00 Mahjong 10:00 Bus Reserved by Old Middletown High 10:00 Exercise 12:00 Lunch: Menu available at Senior Center 12:30-4:30 AARP Safe Driving Class 12:30 Cards 1:00 Knitting 1:15 Oil Painting		19 12:00 Lunch: Menu available at Senior Center 1:00 Bingo	
24 Available at Senior Center ;		25 9am-3pm Benefits Checkup 9:00-11:00 Mahjong 10:30 Bus Reserved by St. Luke's 10:00 Exercise 12:00 Lunch: Menu available at Senior Center 12:30 Cards 1:00 Knitting 1:15 Oil Painting		26 12:00 Lunch: Menu available at Senior Center 1:00 Bingo 2:30 Hamburger/Hotdog Dinner \$3.00	


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SUMMER SOUNDS AT HARBORPARK

Tuesdays Evenings 7pm

September 2 Middletown Symphonic Band
Transportation from Sbona Towers and South Green
Apartments will be provided by the Senior Center. The
pickup time at each location will be approximately
6:30pm at the front entrance.

AARP's Driver Safety Program

2014 Schedule - Sept 18th & Nov 20th

All classes held on Thursday at 12:30pm-4:30pm

Payment required at time of registration

\$15.00 for AARP Members

\$20.00 for Non-Members

Payable by Check or Money Order only. Call the
Senior Center at 860-638-4540 for more
information.

ENERGY ASSISTANCE PROGRAM

*If you have trouble paying your heating bills,
turn to CRT for help.*

This program helps people pay for heat.
Low to moderate-income households get
help paying utility or fuel bills. Home
heating includes oil, natural gas, electricity,
propane, kerosene, or wood. Even if heat is
included in your rent, you may be able to
get a one time cash payment. You can also
get help making your home more energy
efficient. Energy assistance programs help
many Connecticut families every year.

Eligibility is based on household size,
income and assets. The utility must be
billed in the name of an adult member of the
household.

To apply, call CRT at 860.347.4465 to make
your appointment.

Farmer's Market Coupons

You must be present to receive your
booklet. You must be 60 or older and
you must be a Middletown Resident.

If you reside in senior housing, you
must go to the housing office to receive
your booklet.

All Participants Must Provide:

Proof of Middletown Residency

Proof of Age

Proof of Income

Income Eligibility Limits

Single

Married

Monthly: \$1799

Monthly: \$2425

Please call the Senior Center at
860-638-4540 for any questions.

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How to Get Better Sleep

Sleep specialists often talk about sleep hygiene, a term that refers to the habits you can develop for quality sleep. Try these sleep hygiene tips to make the most of your shuteye:

Limit naps: Keep them early in the afternoon and short, if you really need them.

Keep a consistent sleep/wake schedule: Accept that you want to sleep less, but stick to a set bedtime anyway. Going to bed early one night and then late the next makes sleep more difficult over time.

Avoid alcohol, caffeine, and tobacco. Alcohol is a depressant, while nicotine and caffeine are stimulants, but they all can add up to poor sleep quality. Keep caffeine to morning hours only and cut back or quit the other two items.

Be active during the day. Exercise is important, but not after 7 or 8 at night.

Use your bed for sleep only. Don't watch TV, work, or do projects in bed.

Turn the clock away from you. Avoid looking at the clock when you wake up at night. Knowing what time it is, and how often you are waking, just makes you feel worse.

Keep your bedroom cool. The mid-70's is a reasonable goal. We all sleep better in cooler air at night

Organize your worrying. Worry can keep you up late and wake you up as well. If worries are interfering with sleep, try writing them down before bed and promising yourself you'll get back to them after you're rested.

Keep your room dark. You might want a flashlight nearby in case you have to get up at night but your sleep will be best if you keep your room dark.

Talk to your doctor. Sometimes sleep problems aren't simply due to age, but rather to health issues, such as chronic pain, depression or true sleep disorders. Talk to your doctor about this.